The Manual of VAMPYRIC ALCHEMY

This constitutes my V° Gift to the Order of the Vampyre, finished this day of 5/6/XXXIII, under the Sign of the Fourfold Will. Those who work hard at mastering this will Learn much, and from them will come far greater than I. Xepera Xeper Xeperu.

Donald James Webb

the Magus Setnakt

From the eight learn of the one, from the five enliven the four, from the eighteen make thousands, and make dark the sky with your Rising.

I Give this Gift in honor of Lady Lilith, Robertt, Lady Guinevere, Lady Azra, James, Carmel, Linda, Lady Rebecca, and of the goddess Inanna with whom I have Lain.

Lesson One. *The Formula and the Phases*

To Become a Vampyre four things are Needed. One is a Body full of Life and memories. Two is a Heart full of Fire balanced with veins of Ice. Three is a Mind capable of flights of fancy and laser-sharp reasoning ability. Four is a Will that can fasten on any object within or outside of the Self with unending magnetism.

To some extent these things are already in you, or you would not have Heard the Call. All of these things can and must be further developed, and as you develop them, you will Learn what you Need to Learn, and at a certain point in your development you will likewise Teach what you Need to Learn.

The Call that creates the Order is a special part of the Black Flame. It seeks to Create certain states in the human being, for its own consumption. These states when harmonized and integrated into the Self create the Left Hand Path magician. When they are not harmonized they create dangerous and destructive obsessions. Some people have channeled these forces into excessive sexuality, drugs, art or various forms of magic involving loss of self control. At best these states (in nonVampyres) create natural healers, or obsessive artists like Rosalyn Norton or Osman Spare. At worst they create people who fuck and drink and smoke themselves to death.

The Call creates Passions.

Passions belong to the Left Hand Path.

Let's take Love. In a Right hand Path world one seeks union with the divine. Well that means less Love all the time. You had two lovers, then Union, then only one lover. The Right Hand Path eliminates Love; the Left Hand Path immortalizes it.

These states, Love, Anger, Desire (and so forth) are the forces that stir man to awakening. They are the spur of his achievement. They create the Strife needed for his advancement on both collective and individual levels. They are not of the realm of Nature, nor do they emulate it.

To use the forces, one must Become like their inventor, the Prince of Darkness.

One may choose to avoid the Passions, and try to achieve a cold asexual approach to being beyond them. This is a safe, slow path and there is no shame in choosing it.

One may choose to enter the Passions' realm, and by pure force not be destroyed by them. This is a dangerous, rapid path and there can be great results for the few who survive it.

Or one may choose the path of the Vampyre. She enters into Passions' realm at Night, and is dead to it during the Day. By moving from Pole to Pole she develops control and power.

At first (and I can not say this too strongly) this is an EASY path, because our society approves the beginning steps. Many people work in offices by day and party at night. Being a Vampyre is easy, you put on your outfit and you're "on."

This is why so many thousands play at being vampyres. It works while they are young and cute. But as the first source of entry fades, the Nights become fewer and fewer, and the Day wins.

The true vampyre trains herself in body, heart, mind and will. The training is hard (even as some aspects of it are intensely pleasurable — if you're doing it right).

The training causes a subtle shift. "Night" is no longer confined to night, and "Day" is no longer confined to day. The two Poles stop being bound by nature and society, and suddenly a truly dangerous being is born.

The Path of Vampyric Alchemy is summarized in the formula, *ICKSSA*. Here are its states. This is the general path the Vampyre treads. It must be remembered that all of the states are going on at the same time, BUT the major work at any given time is in one of these areas. Each night the Vampyre asks herself, "What is the Work for tonight?"

Inspiration. Any object outside of the self — a book, a movie, a video — creates a new self image, a fantasy figure. This is the beginning of the creation of the artificial life that the Vampyre must feed. The source of the Inspiration will always be Sacred to the person who receives it. Do not make fun of your brother vampyre's Inspiration. Because Inspiration feels good, — it is after all part of the Call and should be as fun as a Lover's touch — we often return to it. But the time comes when it serves as more of an irritant than a boost.

The Inspiration has created a static image in our minds, a fantasy that may amuse us, when we have a spare moment, or even give us something to try and emulate. But for the Vampyre there must be a

stage that isn't part of other's paths, the stage of Confirmation. You must see, hear, and smell (and maybe touch and taste) a living Vampyre. This is the Secret of the OV. Since Vampyric experience is part of the realm of living experience, rather than verbal/ Symbolic experience, you Need the stimulus of living experience of another. Now, for the most part your Vampyric role models will be members of the OV. (There are Vampyres beyond the Order, but they are rare.) This Shock will animate the image that you must nourish with the next three phases.

Knowledge. The primary type of Knowledge for the Vampyre is self knowledge. She needs to know what her character is, her forbidden dreams, her secret loves, her strengths and weaknesses. She must learn to overcome jealousy and despair, she must learn to overcome bad appetites (a good Vampyre doesn't have a string of bad relationships). She must unlearn what society and family have taught her about herself. She must confront gender, death, personal fears, feelings of inferiority, and false ego. The secondary type of knowledge is of the Vampyric archetype. This involves a study of vampyric literature and film. But keep in mind the vampyric archetype isn't a deep mythic one, it is really and truly about a hundred years old. There are useful magical types to be sought out here, particularly shamanism, dance techniques, as well as metacommunication skills (from how to dress to voice training). These secondary sorts of knowledge will provide the bulk of your writings to *Nightwing* and of your demonstrations to your Pylon and so forth. Knowledge will tell you what you have already achieved, what you need to purge yourself of, and what you can build on. It requires a knowledge of your body, your emotions, your sexuality, your mental abilities, and your magical abilities. The secondary knowledge will give you ways to conserve, purge, or build on the basis you have. This causes the artificial life to be a tool, a Masque that you can put on when you Need it. If this is as far as you can go in your Vampyric Initiation there is no shame; you have gone further than most. At this level you can provide Confirmation for others. But for some the artificial life must replace the natural one. This is called Becoming Undead; it is the next phase.

Subjective Synthesis. You must assemble your new self based on the seed of inspiration following the commands of your knowledge. You get rid of what is weak, you add what is daring. You Become the Vampyre. Your daytime, rational self is more rational and effective than your fellows'. Your nighttime self is dangerous and sexy and deeply mysterious (in the true sense of telling you again that there is more to you than even meets *your* eyes). At this point of development, certain of the powers associated with Vampyres become yours. You may develop shape-shifting, or fascination, or the ability to know another's thoughts. Do not be overly concerned with these abilities. They aren't comic book super powers that are always there — they will come and go as you Need them. If you leave the Initiatory life they will vanish. If you keep them all your life, you will have them in your next life. (Perhaps you have some of these subtle senses from another life.) This is the state that most of you wanted when you became a Vampyre. This is the artificial life replacing the natural one. It must be maintained through interactions with mankind on your terms. Some of you will feel a terrible Need even beyond this point, you must become an

Awakener. You have the impulse to be an agent of the Call. Now this is a surprising statement, it has an awfully RHP ring — why would a Lord of the Left Hand Path work for anybody? The Work of an Awakener is to be apprenticed to the Call, herself. One literally Seduces men and women to the Vampyric Path. Now this can be done lots of ways — from books to films to presence. But those who Work at this level always have people they are Working on (both within and beyond the fane). When one takes up this job, the proximity to the Call sets the conditions for learning very Hidden knowledge of Self and the Cosmos. Here opportunities are strikingly personal, magical tasks very hard, and the powers transpersonal. Some of the Vampyric abilities such as being able to call another with your mind alone, appear at this level. Here in addition to providing Inspiration to others, your artificial life will be enlivened by the Call, much as you once nourished it by Knowledge, or mankind once nourished it by interactions. This level of Vampyric Work existed among the Sumerian;, it is, was and shall be the Mystery of Babylon and one of the armies of the Black Order.

To achieve betterment on the Vampyric path it

is needful to know these steps, but as in all such models, we always think we are further along than we really are.

Read that sentence again.

This manual provides eight types of exercises that you can and must modify according to the circumstance of life. There are eight essays for training of Body, Mind, Heart, and Will in the inner and outer aspects. They are by no means a complete magical curriculum, but exist only to help the Vampyre learn self-teaching skills.

They will work for the freshest among you to the most experienced hands. You should read the manual through, and then begin to do the things that seem the easiest. (The easiest will be different for everybody.) Then as you get a good handle on some of them, go to the next hardest until you have all of them in hand.

In the meantime, look for the two types of knowledge. This plus your activities in the OV — crafting articles for *Nightwing*, Workings, and so forth, will be mixed by your Core self into the correct chemistry, if you Work in a constant and daring manner. Expect tears and fears as well as joy and victories. They are the merest shades of the Passions you will Know in the fullness of time.

You may share any part of this manual with other Setians, except for essays number five and nine, which are the magical engines of the Order.

At your discretion parts of this manual except for this essay and essays five and nine may be shared with selected friends outside of the Temple, if they have a special interest in the OV.

Lesson Two. *The Training of the Body (Inner)*

The best body training is external, through disciplines as wide-ranging as Western medicine, martial arts or even learning to use cosmetics. These areas will be covered in Lesson Six.

Inner training of the body requires constant effort. Like a self-paced exercise program, it is easy to be deflected from the work.

The purpose of inner training of the body is twofold. Firstly it creates a stronger link between the psyche and the body during life. Secondly it accustoms the psyche to **feeling** of body, so that after death it may construct vehicles with which to interact with the material Cosmos as desired.

Inner training exists in six areas. They are Presence Training, Sensorial Expansion, Memory Training, Sensation Transmutation, Taking Dictation, and Experiencing Flow. The need to keep up one's training in these areas **increases** with age and experience — unlike mental training which is needed less as time goes by.

The body is first, foremost and always your primary magical tool. Sure the Vampyre may have rings, her daggers, her cloak — but the body is the greatest magical focus. Some of your most transformative work will be done nude and alone. Know and love your adorned body as much as you will love your projected body (see Lesson Six).

Let us look at each of the areas of Training. Some of these you will have already done, even long before entering the Temple; others will be new.

Presence Training. This **seems** the easiest on the list, and is by far the most important. From time to time, during day or night, just Become very Aware of where you are and what you are doing. Know the feeling of the Earth beneath your feet (or water around your scuba gear). Know the smells and the sounds, and the lighting and the heat. Know your real and apparent body images (for example if you are driving a car, your apparent body image will include the vehicle). **After** you have thoroughly grounded yourself in your senses, ask yourself what you are doing, why are you doing it, and what the next thing is you are planning to do for your Xeper. Doing the senses first (and I mean really get into them), and then the intellectual question which helps you throw off mindlessness, is the great key to Awakening the Vampyric Essence. You bypass normal consciousness and touch your animal and divine sides. This is hard to do, and learning to do it again and again is perhaps the number one job of the Vampyre.

Sensorial Expansion. Try new things. Try them with awareness. Bite into that unknown fruit, kiss that unknown mouth, smell that unknown rose, feel an unknown sand between your toes. Don't sleep through a new experience, even if you are physically tired — or the experience is frightening, like being taken to the hospital after a car wreck. Relish every new experience, wake yourself up to it, drink it in. These are one fourth of the Substances needed for Vampyric Alchemy. The other three-fourths are: your emotional/mental states, your Understanding of Initiation at a given time, and your eternal (but Hidden) Self.

Memory Training. There are two main types of this. The first is evocation. Close your eyes in a dark, safe environment. Pick some sensation that you want to remember. Do so until it produces a profound body change. Picture your favorite food, smell it, taste it until you are so hungry that you have to leave the chamber and drive to a restaurant. Recreate in your mind the feeling of being hit by a snowball, until you are shivering. Relive your sexiest moment until you have to go wake up your partner and tell them they have a chore to perform. These evocations give you a permanent Link between your body and your spirit. The second training is to close your eyes and relive the day. This should be done as non-judgmentally as possible, thinking on what you saw, heard, touched. If done fairly regularly, this not only gives you a better memory, but begins to increase the amount of sensation available to you in dreams. (This has a side effect of giving you dreams about flying and sex that are very pleasurable.)

Sensation Transmutation. There are a lot of unpleasant things in the world, whether it's the dentist's drill, your neighbor's boombox, or the smell of LA in the morning. The typical human response is

to shut out the painful and the annoying. We are antinomian. We **transmute** such responses – into what is a matter of personal headwork. I'll give some examples, but you have to learn to create this in yourself. This is very hard. You can take the sensations of the dentist's drill – the vibration, the smoke, the sound – and make them into energy for the curse ritual you're doing. You can take the sharp burn of peppers in your food and translate it into sexual ecstasy. You can take the pain in your leg during a long walk and turn it into a song that tells you you are getting stronger because of your exercise. This is a difficult art, but produces profound results. If you are so inclined, submissive sexual states are very useful to learning this art. This trains you to turn anything the world provides you into pure fuel.

Taking Dictation. This will seem to be a two-part exercise for the first years of doing it. Our body is always telling us about the recent past, and sometimes the imminent future. Yet we fail again and again to listen to it. The Vampyre notes unusual states in his or her body (preferably in his or her magical diary). Now if you find that you always feel peppy after eating a certain type of salad, you've learned a real magical potion. If eating at a certain restaurant always makes you feel dull and headachy, you know not to keep going there. Slowly you can learn how to feel vital, and what dumb things you have done to keep yourself from doing so well. Likewise you may from time to time have certain sensations – do you feel a certain way when someone is about to call you? Do you tingle when a project is coming together (or falling apart?). Make lists and descriptions for yourself, and you can begin to use some of the Hidden aspects of your body.

Experiencing Flow. We all do things that move our bodily awareness into a new shape. Perhaps when you sing all you feel is your singing, or swimming, or running, or making love. It is as though your physical body has vanished and a body of pure sensation (usually pleasurable) has taken its place. This is the real form of "turning into a mist" and if practiced and Known as a sensation, it can begin to free the psyche to certain types of travel. A secondary form of this is willful transfer of your consciousness to an animal companion. Let yourself flow into them, see with their eyes, imagine what it is like to be them. DO **THIS ONLY IF THE ANIMAL SEEMS RECEPTIVE.** This likewise Teaches you about the subtle body, just as the outer training gets the material body in shape.

As you practice these methods over the years, you will uncover many more, some of which you will Teach your fellow Vampyres.

Lesson Three. ***The Training of the Heart (Inner)***

The Inner Training of the Heart is much more important than the Outer Training, which we will look at in Lesson Seven. The Inner Training of the Heart serves a twofold purpose. Firstly it makes you aware of your Needs, secondly it allows you to take that self knowledge and form the artificial life, which is the goal of Vampyric Alchemy.

According to J. J. Campos and K. C. Barrett in "Towards a new understanding of emotions and their development" in *Emotions, Cognition and Behavior* edited by C. E. Izard, J. Kagan, and R. B. Zajonic (Cambridge University Press, pp. 229-63), there are nine emotions that can be differentiated and recognized across cultures. They are joy, anger, sadness, fear, interest, shame, guilt, envy, and depression.

The Vampyre understands four things about these emotions. A. They are Created by the Black Flame for its evolution. They stir people up to Do things. B. They create the possibilities for Work in the Elect. C. They are all Needed by everyone, and D. The human follows them; they follow the Vampyre.

The Inner Training of the Heart consists of four parts: A. Recognition of the Need of these states in yourself. B. Recognition of these states. C. Reassigning their use, and D. Sensing these states in transpersonal entities. Let's look at each of these states after a brief aside on AEonics.

When Aleister Crowley received the *Book of the Law* in 1904, its emotional power resided not in the poetry of the Work, but in the useful formula that took two states that were forbidden by the Western world – joy and anger – and exalted them into a martial unit, and took the operative control states of the world – guilt and envy – and downplayed them. Anytime a new set of basic emotions is exalted against the current ruling set, the new will come to displace the existing state. (This is the Secret of all successful political, religious, or artistic rebellions.)

Discovering the constellations of various other AEonic paradigms is left as an intellectual exercise. The **emotional impact** of a Word is always much greater than its intellectual impact, because most humans are capable of emotion. This is also why Vampyres are the most powerful magicians in human interaction situations.

Let's look at the Training.

The first step is Recognition of the Need of these states in yourself. The Vampyre must prepare an emotional autobiography – looking at each of these emotions. Would you have got the job you wanted without envy? Would have taken care of your mother without guilt? Would you have remained in the Temple without joy?

At first we tend to think we don't need guilt. We may even feel guilty because we have guilt. Most people would say that we damn sure don't need depression – but every time we pass through depression we cull out the weak parts of our thought. Some goals are weeded out by depression, others become stronger because we have to use them to get out of depression. All of these states are Needed. They are Needed by everyone (but more on that in Lesson Seven).

The second step is Recognizing these states in ourselves. Most people don't have a clue what their emotions are. Some people if asked about their lives will say they are happy, because they think that's what they are supposed to say. Others will always tell you that they're unhappy, because that is the required answer. If you are male, you are encouraged not to think/speak about your feelings.

The Vampyre knows that because there is a Need for these states, she will have all of them at some time or another. Only an idiot thinks their life will always be joyful. Only the inexperienced thinks that they will always be depressed. But they can learn about their chemistry, and the feel of these things. Knowing what your feelings are is knowing what way the wind is blowing against your sail boat. Some winds you can tack against, some will speed up what you're doing, and some you have to pull in your sail and drop anchor just to keep position. Knowing your long-term goals can advise you on dealing with emotions.

Knowing these states requires awareness of body and mind as well as sensitivity to emotions. Many times you will be surprised at what you are actually feeling, as opposed to what you are supposed to be feeling.

The third step is reassigning their use. You were taught your feelings by your family and your first set of human interactions for one reason: So that you would fit in. In short you were taught what cues should trigger what emotions. If you disobeyed your parents, guilt was the response. If your group was threatened, anger. And so forth.

Let's look at guilt and laziness. Laziness is the application of the emotion of interest to objects not of your own choosing.

Mistakes and pain are the Root of the Path. It is only in recovery from errors that the Initiate has a chance. The world wants us to beat ourselves up for what we have done — a very foolish notion. Setians want to never screw up in the same way again. It is much more exciting to screw up in new ways. Magicians have interesting lives, not easy ones.

The Setian attitude goes against the grain of social programming. Since it is not supported by most social systems, it is hard to do, and we fall from the ideal I am about to discuss. So what? Last time I heard, worthwhile things are difficult to do.

Here is the Setian ideal.

You must develop two forces in your personality. One is for your past, one is for your future.

The Past must be met with unconditional forgiveness. It has made you into what you are, and it is over. Sure, you might have been a heroin addict for three years, but that was what put you in the town where you met your beloved. The world wants you to hate yourself, so as a true antinomian we love our past. Our personal past is Subjectively made into a motherly figure. It takes terrible strength to FORGIVE one's self. The divine figure may be imagined as Kali.

The Future must be met with utmost severity. The only hope for tomorrow is today's actions. The world tells you to slack off, have a beer, watch some more TV, and buy some more goodies. So in true antinomian spirit, we create an inner voice that tells us to push harder. The divine figure here is Saturn the tester, but perhaps better still a Marine Drill Sergeant.

The Present is born of these two internal "parents" — they are the opposite of the two parents that we normally have, which are Christian guilt and consumerist laziness.

Now we see a Setian/Vampyric approach to the use of guilt and interest. But we all know that thinking about what we would like our emotions to be, doesn't do that much to reassign them.

The way the Vampyre achieves the third step is derived from the knowledge in the second step. We know how our emotional states feel, so we act as though we already were in the state we choose to feel. If our new Vampyric state requires anger, but our human one would respond with depression, we do the actions that reflect anger. Emotions will follow the combined efforts of the body, mind, and will. (The memory evocation techniques discussed in Lesson Two will help here.)

We don't wallow in our emotions as do our fellow beings, we Create our emotions for our own nutrition.

We drink them in for the work at hand. We make emotions for ourselves, much as on a Macrocosmic scale the Black Flame makes emotions to motivate unconscious humanity.

The fourth step, learning to sense the emotional states of transpersonal entities, could just as easily be part of the seventh lesson as of this one.

Every group has a group spirit. Now it is unimportant if you view this as a magical truth or a psychological observation, the effect is the same. Groups have a feeling. The feeling comes from their rituals, which is how social reality is constructed. Even the most "rational"-appearing group derives from its rituals.

If you are part of a group — and you are always part of groups not of your election, from your family to your place of employment — you will be effected by the group's emotions. The Vampyre is on the lookout for these feelings, just as much as she is inside herself. Sometimes merely being aware of them stops them at the level of your skin; sometimes they are so strong they will deflect your goals, sometime you can **use** the group emotion to your own ends. But in all cases the Vampyre doesn't lie to herself and say that she is simply above the feelings of those around her. As soon as false isolation enters the picture, the Vampyre is staked to the Earth.

Likewise learning to sense the emotional states of transpersonal entities will tell you to get away from some of them. If they are ruled by anger or depression, they won't be healthy entities in the long-run. (They may be useful in the short-run; see "Polarization" in the Lesson Seven.)

Learn to see the emotional rivers that wash over you, as well as those within you. Learn to dig canals to irrigate the crops you want with the emotions you choose, and learn to have a partnership with your heart. Learn that the cycles of the Heart can be managed but not ordered, deflected but not controlled.

Lesson Four. ***The Training of the Mind (Inner)***

The Inner Training of the Mind is equally as important as the Outer Training. Magicians are more drawn to the Inner Training and often lose themselves in powerlessness and subjectivity. If the idea of a "reality check" isn't applied by the Vampyre, he or she will become a kook that gets invited to Halloween parties, but not board meetings. Lesson Eight will help you find "reality checks."

The purpose of the Inner Training of the Mind is to build up intense powers of rational concentration, that can be both focused and flexible. This allows the Vampyre to think quickly and deeply, and provides a growing force of Mind that will be needed to combat the force of age and the toll of an information over-rich life. Most of these techniques are very hard at the beginning; this is because your mind – like the muscles of the sedentary office worker – has not really been worked with. One can oddly get quite far in the world without mental effort.

There are six areas to the Inner Training: Thought Training, Banishment, Polarization, Impartial Observation, Lateral Thinking, and Focus Training. Let us examine each. In the beginning these exercises will be something rather unconnected with your day-to-day life; if you persist with them, you will find that they are vastly empowering in the most mundane of matters.

Thought Training. We spend most of our lives in a daydream state. We aren't very focused on anything, and if we do think (or at least think we think) it is because of an outside influence. We are at a business meeting, a good show on TV catches our eyes, or a radio talk show has us wanting to call in and comment. In short our brains are ruled by the nice, warm, and caring people of the outside world. I can see I got your Attention now. Most of the time our brains should be in low gear; they are after all just jelly bits that belong to the great ape family. But we want focus to be ours. So learn to command yourself to think about certain things at certain times. The first step is to master the Mental Alarum Clock. Before you go to sleep, look long and hard at the alarum clock on your bedside. Make up your mind that you will wake up five minutes before the alarum goes off. Simply try this. Surprisingly soon you will discover you can do this. Then armed with the knowledge that you can program yourself, start simple thought training. Decide that at a certain time tomorrow, you'll think about a certain thing. Now I don't mean you'll think about lunch at 11:59. I mean you'll think about Set at 10:30. Once again keep at it. When you've got that skill down – you're not tying strings to your fingers, but simply doing the job mentally – go to thought tracks. "Tomorrow I'll think about Set at 10:30 and wind up thinking about initiation at 10:45."

Once this is mastered the sense of control it will give your life is awesome. You will also seem more mysterious to your fellows when you suddenly seem to know to do things . . .

Banishment. This is the toughest mental skill for anyone to learn. We all have a great deal of nonsense in our lives. Perhaps you were fired unjustly from a job years ago, and still find yourself thinking about it so hard you don't get your work finished on a particular afternoon. These mental leeches are often the crucial gap between fulfilling our goals and failure.

So it's important to banish them. Now I am not talking about banishing thoughts about ongoing problems, I'm talking about banishing thoughts that belong to an unchangeable past. When unwelcome thoughts occur, you need to do two things. One is you should have an interior ceremony that gets rids of them, and two is you should have an ongoing Vampyric fantasy that you can divert your mind to for a few moments after the banishing. The interior ceremony is one you will have to come up with. You might imagine flushing the unwanted thought down the toilet. For other people that might not work at all, and they would imagine putting the offending idea into an envelope and mailing it to an enemy. The use of fantasy to divert the mind is important. Whatever you were doing that let the unwanted thought in doesn't have enough voltage to keep the unwanted thought away – but a hot Vampyre fantasy might. Now don't be lost in the fantasy, your boss won't buy the old, "I was fighting off bad thoughts by imagining that I was biting Angelique" line, so remember this is just reprographic. I, of course, can't tell you what to fantasize about, but if it involves the High Priest write me about it later . . .

Polarization. Most of us have a mental mode that we are best at; some of us are words-in-a-row guys, others use pictures. These are usually referred to as left and right brain patterns. By now you know pretty well which pattern you use. If you're not familiar with these things, go to a bookstore get some popular psychology books and test yourself. OK, so now you know. But here's what they don't tell you. If you want to develop a very strong memory, learn to use the mode you are not good at. If you're a word-driven guy, learn to memorize people's names by imagining them holding/wearing what brings the name to mind (for example Salmonson — she's holding a salmon and a baby). If you are a picture-driven gal, use rhymes you make up. In short the more difficult technique works better. If you learn to use this, you will also learn a great deal about your life and about what you want to remember.

Impartial Observation. This is a toughie. We are very accustomed to making emotionally charged value judgments in everything we do. Everything is viewed from past emotional prejudices that often choke out rational thought. To overcome this, practice the art of impartial observation. This should be done when possible during the day, and certainly during the night when you review the day's activities. Here is an example of doing it correctly. You are shopping, and you decide to do the exercise. "Here is Mary picking up some oatmeal cookies." Here's an example of doing it wrong, "Here is Mary picking up some fattening cookies because she's a pig." or "Here is Mary thoughtfully buying her husband a card." This process helps pull thought from past emotional overlays. This is harder to do than it sounds, and takes a great deal of practice.

Lateral Thinking. We are taught to think in certain patterns that follow laid down rules. For example if you are used to planes, you never think of going on ship from New York to Miami. If you are used to litigation, you don't think of solving things with a chess match. There are many books on learning to break out of such patterns, I particularly recommend those by Edward DeBono. One of his games is the "po" game. Take any two nouns, such as "Horse"and "Refrigerator". Then put the nouns together, "Horse-po-refrigerator." Well what's that? A special refrigerator that keeps horse medicine at the right temperature. A refrigerator that walks around on four legs so people can serve themselves when it comes by at a party or the mall. A cryogenic freezing unit that freezes all Triple Crown winners so that we can have a super Derby every fifty years. All of that creativity came from playing the "po" game for ten seconds. Practice this art, and learn to make conceptual breakthroughs all the time, as a matter of course. Of course you can teach your Pylon, your office mates, your friends this game.

Focus Training. This is a method to develop a truly strong mind. First get a long piece of red yarn, a little over two feet will do. Then put (say) forty black beads on it. Every night when you do your five minute meditation on what a Vampyre is, hold the cord in your hands. Every time you notice that your mind has wandered off, just move one bead across the thread. Don't beat yourself up about it, just get back to thinking what you want to think about. At the end of your session, see how many beads. Again don't worry about it, at first you'll run out of beads, then fewer. Then sometimes none. Then you can increase your meditations. The simple act of observation and the desire to get better will take care of it.

Now as you read these Lessons, you are beginning to realize that there is a good deal of overlap designed into them. This is part of the Vampyric Alchemy that not only transforms and integrates the Self, but also causes energy to Flow from part to part to aid in the Work at hand. Although you can already see this on a mental level, I assure you that is nothing compared to what you will feel when you actually begin Doing these things on a regular basis. Lesson Five is the catalyst which takes these reactions into high gear.

You are also realizing that this is hard work and takes years. Good, I Need you to be Strong to breed more of your Kind.

Lesson Six. *The Training of the Body (Outer)*

The Outer Training of the Body is the source of the Vampyre's power in the world.

The Outer Training is the means whereby the Vampyre learns to send signals with her body, a non-vocal art of command, which directly influences the bodies and moods of others. It also allows the Vampyre to have a certain bodily communion with others as is her will.

The aspects to the Outer Training of the Body are six: the Image, Western Medicine, Active Manipulation, Passive Manipulation, Grace Training, and Witchcraft. Let us look at each.

The Image. The Vampyre must have a striking appearance. She or he must provoke lust, fear, and respect when desired. There are four Images (at least) to be mastered. First, you should be able to be an appealing Vampyre. You should be able to dress the part, make yourself up, and so forth in a way that gets at least a few people checking in the mirror to see if you reflect. Second you should have an erotic/stylish form. The Vampyre is — after all — not a gore-sucking fiend, but a *femme fatale* or an *hombres dangeroux*. You should be the one that makes all heads turn at a cocktail party. Third you should have a business/power persona that tells everyone, "Don't fuck with me. I've got hot and cold running lawyers!" Fourth (and I can't stress this one too much) you should have a non-appealing frumpy side that you can use anytime you want to be invisible. After you master these four, you will develop many styles on your own. You must also learn to broadcast your image, and imagine yourself feeding off all those who look at you.

Western Medicine. You don't need to abandon yourself to allopathy, but you do need its resources to give you accurate readings of where your body is doing. Learning to use your annual physical as a sort of year-end assessment is scary and hard, but becomes a great, great source of power because of the sense of urgency and (oddly enough) vitality it brings.

Active Manipulation. You should spend some time manipulating other bodies to give your body a sense of dominance. This can be anything from nursing and physical therapy as careers, learning to give a good backrub, or exploring the dominant side of D&S sexuality.

Passive Manipulation. You should learn about the power of receiving. If you are truly magical you will **cause** what you wish to come to you. One of the easiest ways to master this skill is get a good deep message once a month or so. Learn to feel what you have set in motion work to change you. There are other practices, such as submissive S&D, which will work for those so inclined.

Grace Training. The Vampyre should move like a panther. Her steps are silent, she flows like the wind in the night. The mastery of the body that brings this is best learned through an external form such as yoga, dance, or the martial arts. Find a type of grace training that appeals to you and go for it. Pay special attention to mastering any skills that are part of vampyre love — such as rock climbing or flying.

Witchcraft. There is much truth in the lore of herbs, perfumes, and oils. There is even more bullshit. Your job is to find out what works by a personal mixture of science, intuition, and experimentation. Use it to enhance your well-being, your appearance, and lastly your mystique. It is important that the Vampyre become known for her witchy little ways. This accustoms others to taking her lead, allows her a direct way to work on the bodies of others, and can safely further your legend.

Lesson Seven. ***The Training of the Heart (Outer)***

The Outer Training of the Heart consists of using the emotional centers of others to provide energy for your Work. It is the most dangerous of Vampyric practices because it is very easy to do, very emotionally gratifying and can lead a Vampyre into a dependence on people.

Most Vampyres had a pressing need for Love. They found their environments cold and the attention of others warm. Unlike most of their fellow human beings, they could do something about it.

They could make people love them, and often tragically, they thought they loved these people in return.

Magic, as we know, is the art of changing the subjective universe so that a proportional change occurs in the objective universe.

The easiest way to change the subjective universe is to accumulate people that worship you. It is easy to feel like a god or goddess when you are surrounded by people of that opinion. This is far more effective and direct magic than any ritual observance. Its downside is dependence.

The Outer Training consists of five practices: Constrictive LBM, Seduction, Group Emotional Conditioning, Disabling Emotional Triggers, and Art. By no means do all have to be practiced; in this area use your sense of what you are comfortable with. Let us look at each.

Constrictive Lesser Black Magic is the art of getting the attention of another to the exclusion of his or her environment. Its easiest form is learning to hold the gaze of another. It requires a constant reading of another's cues and giving him some of what he wants and some hint that more may follow. This is best done by gaze, body posture, and voice. The exchange you offer is more of your presence for whatever it is they have to give. This involves sending a message that is three parts sexual, three parts affirming that your target is Truly Important, and three parts that you want to hear more about their boring little lives. Training opportunities appear in small specialty shops that you frequent.

Seduction is the art of causing another to give up freedom in exchange for the possibility of loving you. It is the blackest of arts. It can misfire in any number of ways. Do not think that your "Vampyric superiority" puts you out of the emotional danger zone here. This art should be practiced with both a hot and cold heart – each will sharpen your claws in a different way.

Group Emotional Conditioning may be practiced openly (with Setians and allies) or covertly (with everyone else). The result is the same, producing an emotional environment that coincides with the type of Work you are attempting to do. In open practice you talk about your goal and relate to other's goals. Let's say your Pylon is planning a Destruction Ritual aimed at some worthy target. You volunteer to work with each Pylon member the week before, helping them get good and angry at the target. Now this requires a great sensitivity to each person. What works with Bill, the intellectual, might not work with John, the angry young man, or with Sue, the sensitive artist type. Learning/feeling how quick they each burn, is likewise a delicate matter.

Working covertly is more difficult. Let's say your goal is to induce a feeling that you are very needed at your job. You might do three of four things. One, you might make the person who is the Heart center of your work – every human system tends to have a physical, emotional, intellectual, and will center – very kindly disposed toward you, just before you leave for Conclave. You come back, and they really missed you. This provides a nice matrix for that prosperity magic you did at Conclave to Work. The key words here are flexibility, observation, and patience.

Disabling emotional triggers. Vampyres by their nature are passionate, and passionate people often acquire emotional triggers. Perhaps it's a song you listened to when you broke up with your girlfriend that can plunge you into despair. Perhaps it's a video that you had a fight with your best friend about. But any time the trigger shows up in your world – it rules you. I am not talking about music that makes you feel sad when you decide to play it, I'm talking about music that kicks you into depression because you hear it accidentally on the radio. These triggers must be carefully identified and made to have no effect.

Get a copy of the song and listen to it over and over while reading a dirty joke book. Have a party while you show the video that made you mad. The important thing is that you remove emotional traps from the world so that they don't distract you when you least need it.

Once you have proven to yourself that you can end the emotional effect of certain signals, you will begin to have a new confidence. As an exercise in understanding the world, try pretending that a certain song that doesn't mean squat to you is really hurtful. See how your "friends," co-workers and strangers act with this news. See how you almost start believing it yourself. This experiment will teach you how emotional reality is constructed.

Art. The Vampyre often wishes to place a semipermanent emotional state in herself or others by the gift (and usually the Creation of) art. This may not be art of great quality; although the greater the quality, the greater the place the art will occupy in the world of the gifted. The major themes for such art, deriving from our imagist roots in the work of Mortensen, are Sentiment, Sex, and Wonder. Just as the Vampyre herself can evoke these qualities, the art work can do so when the Vampyre is far away. Choose the message you want to send and then you will find the art to give (or make). A simple print, a small bud vase, a pretty seashell can Work greater change than the most elaborate rituals if chosen and given with precision and passion.

Lesson Eight. *The Training of the Mind (Outer)*

The Outer Training of the Mind consists of using structures outside of one's self to increase mental acuity and gain the power to command by presenting factual/reasonable proposals to other human beings. The Outer Training of the Mind is generally either neglected by the magician, or dismissed as "nonmagical."

The first approach is why most magicians live in trailer parks, the second keeps them from incorporating their lives into their Initiation.

The Outer Training of the Mind is the presentation of the Daylight side of the Vampyre. It consists of four practices: Symbol System Training, Language Acquisition, Happenstance Training, and Pedagogy. Let's look at each.

Symbol System Training. The Vampyre has not only the same need as everyone else to earn a living in the Daylight world, he or she must first convince that world that they are more competent than anyone else, and second, marshal the forces of that world not only to carry out his or her commands, but also rally to her or his defense. One of the best ways to do this is to choose some symbol system – from bookkeeping to computer programming to web page design – to master.

The system chosen must have three components. First, it must be something that you have to keep current at doing. Having to keep your training up will force you to keep your mind flexible and agile. Second, it should have a compelling message that works even on those who are opposed to your mode of manifestation. ("I know she looks like a vampire, but did you check out this spreadsheet? She's where this company is going!"). Third, it must enable you to earn a living anywhere. The latter will provide you a sense of security and inner peace that will make the trials of Initiation easier to bear.

Language Acquisition. This can be learning a new natural language like French or German, or learning a new method of expressing yourself like taking classes in philosophy or psychology. Learning a language is one of the single most mind-expanding actions you can undertake. It is a good idea to learn this in a structured environment, so that you use the Resistance of the world to make your mind stronger. You should adopt your frumpy appearance while doing this. It is easy for a cute Vampyre to get good marks in class; you aren't here to charm but to learn. The new language should allow you to express Setian thoughts without any reference to the jargon of the Temple. If you can do this, you will have claimed your brain for your Initiation.

Happenstance Training. Most adults stop playing mental games. They don't have times for crossword puzzles or brain teasers. The rejection of Play is like not picking money up off the street. If you cultivate the attitude that these games find you because you need the mental workout, you'll discover that the chances for no-pressure mental training are many, and you will pick up certain information processing skills along the way, which will turn out useful at the most unexpected of times. Play the mental games that you happen on by "chance."

Pedagogy. The Vampyre knows that true mental command comes from having to teach someone something. First, it forces you to organize the material in your own head. Second, it forces you to take in signals from others while you do the presentation. Third, it allows you to Recreate what it is you're teaching – in short it teaches you how to put your spin on the facts, while being true to them. The Vampyre looks for chances to practice teaching – whether it is being a trainer at her job, or teaching Tarot at the local occult store.

If a person masters Pedagogy and Symbol System manipulation, she or he will become such a resource that others will protect them, increase their salary, and so forth. These skills are great gifts back to the Temple that opened your eyes.